

# Supplement shakes cannot replace regular meals

Written by

DATE\_FORMAT\_LC2 -

---



## Supplement shakes cannot replace regular meals

You should not live from supplement shakes, protein bars and other instant foods. It is much better to eat fresh and balanced foods, where you may include a supplement shake from time to time.

For a successful weight loss program you have to include between 2 -3 weight training sessions and 2-4 cardio sessions per week.